

# good lives

LIFESTYLE MAGAZINE FOR 50+

**WIN**  
COMPETITIONS  
INSIDE!

*colour  
trends*  
FOR 2022

MEET THE  
COMMONWEALTH  
GAMES  
**TRAILBLAZER**

—  
**WHY STRENGTH TRAINING  
WEIGHS UP**

# WELCOME

## good lives

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**Feedback** We appreciate your feedback. Please email us at [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) and let us know what you think. Alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031

### **About ACH Group**

Founded in 1952, ACH Group is a not-for-profit community organisation promoting opportunities and services to support older people live good lives.

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## FROM THE CEO

### THE LIFE STORIES OF TALENTED INDIVIDUALS WHO MAKE UP ACH GROUP'S COMMUNITY NEVER FAIL TO INSPIRE ME.

This issue's cover features June Goodhand, who represented Australia in blind lawn bowls for 15 years and led the Australian team out at the 1994 Commonwealth Games in Canada. When reading June's story you will be inspired by her positivity and achievements. These days you will find June singing in one of ACH Group's choirs.

You will also meet Peter Whitford, a Fleurieu Peninsula farmer who continues to play a huge role in his community and work on his farm. Then there's Rudi Baumer who has impressed on the soccer field in 'Everybody's Game', a walking soccer program for people living with neurological conditions. While Phil and Les, two of ACH Group's longest standing volunteers, share the incredible difference they make in their roles.

June, Peter, Rudi, Phil and Les join a long list of South Australians who have featured in Good Lives Magazine over the years. All their stories challenge ageist ideas and in doing so normalise ageing and reinforce the valued contributions of older people.

Challenging ageism is one of the aims of Good Lives Magazine. I am proud that the magazine was recognised for its advocacy achievements by being named as a Semi-Finalist in the 2021 Office for Ageing Well Tackling Ageism Award.

As part of the award submission, Letters to the Editor were included featuring readers' opinions on how the magazine makes a positive impact on their lives. Thank you for your ongoing support and I hope you enjoy this edition.

Happy reading!



**FRANK WEITS**  
ACH GROUP  
CHIEF EXECUTIVE OFFICER





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## FEEDBACK

# & winners

## CONGRATULATIONS TO THE COMPETITION WINNERS FROM ISSUE 9!

\$100 Art to Art voucher – Julie

Popeye Sightseeing River Cruise – Jenny

\$100 Dymocks book voucher – Darien

THERE ARE MORE  
CHANCES TO WIN  
IN THIS ISSUE!  
COMPETITIONS ON  
PAGES 4, 46 + 47

## LETTER TO EDITOR

I'm a first-time reader of your magazine – loving it, interesting articles, heart-warming stories.

I work in aged care so keeping up with current topics is important.

– Sophie

## A TRIP DOWN MEMORY LANE

In Issue 9 readers were asked to share their favourite childhood holiday memory. Here are some of the great responses.

### SYDNEY HARBOUR

I remember as a young girl catching the train from my suburb Eastwood into Circular Quay in Sydney.

My sister and I would dress up in our special clothes and get our hair done neatly by Mum.

We would walk to the station and wait on the platform, kicking our feet that didn't touch the ground as we sat on the station seat. Nan would sit next to us as we talked excitedly about the trip.

We couldn't wait for a glimpse of water, boats and the hustle and bustle of city traffic. Add to all that excitement, hot chips and ice cream. Ahhhh wonderful!

– Karyn



### MOONTA BAY

My favourite childhood memory is holidaying with my grandmother at Moonta Bay.

We used to rent a holiday house there and go to the end of the jetty and catch blue crabs. I remember they were huge, but I was 7 years old and perhaps they were not as big as I thought!

We would also catch Tommy Ruffs and take them home to cook up a feast.

– Barry

## WE WOULD LIKE TO HEAR YOUR FEEDBACK!

Let us know what else you would like to read about in upcoming issues, and you could **WIN a \$100 Coles Myer voucher**. Email your entry by 5pm 20 May 2022 to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or post to Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031. Winner will be notified on 30 May 2022. Full terms and conditions at [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine)

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## JOIN THE CONVERSATION *#social media*



**@** FORMER FAIRFAX JOURNALIST, BARBARA – NOW KAPARA RESIDENT, WROTE POPULAR CHILDREN'S BOOKS YINDALA AND THE DRAGON THIEF.



**f** SOPHIE THOMSON HELD GARDENING INFORMATION SESSIONS AS PART OF THE RETIREMENT LIVING GARDEN COMPETITION.



**f** PUPPIES FROM LABS 'N LIFE VISITED RESIDENTS OF VITA RESIDENTIAL CARE HOME, DAW PARK.



**f** AT CHRISTMAS, WEST PARK RESIDENTS AND FAMILIES DONATED PRESENTS TO LOCAL DISADVANTAGED CHILDREN.



**f** EVERYBODY'S GAME, A WALKING SOCCER PROGRAM DESIGNED FOR PEOPLE WHO HAVE HAD A STROKE AND/OR LIVE WITH NEUROLOGICAL CONDITIONS.



**in** ACH GROUP'S INTEGRATED STUDENT PLACEMENT MODEL WON THE 2021 INNOVATION IN SERVICE OR DESIGN CATEGORY AT THE ACSA SA AWARDS.

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# EVENTS CALENDAR

# what's on...

**PLEASE NOTE:**  
AT THE TIME OF PRINTING ALL  
INFORMATION WAS CORRECT.  
COVID-19 RESTRICTIONS MAY  
IMPACT EVENTS. PLEASE  
CHECK EVENT WEBSITES FOR  
UP-TO-DATE INFORMATION.

## MARCH - MAY

### Stirling Laneways

**What:** Meander through the vibrant laneways of Stirling and discover local artists, entertainers, traders, and pop-up stalls. More than a market, Stirling Laneways makes Sundays in the Adelaide Hills extra special.

**When:** The fourth Sunday of every month in autumn: 27 March, 24 April, 22 May

**Where:** Stirling

**More info:** [stirlingadelaidehills.com.au/laneways](http://stirlingadelaidehills.com.au/laneways)



## APRIL

### Stadium Stomp

**What:** Climb your way up, down and around the bays of Adelaide Oval. There will be rest stops, drink stations and music playing. If you're looking for a challenging yet rewarding fitness experience that you can do at your own pace, grab yourself a ticket, tie up your sneakers and get stomping.

**When:** 10 April

**Where:** Adelaide Oval

**More info:** [stadiumstomp.com/events/adelaide](http://stadiumstomp.com/events/adelaide)

## APRIL - MAY

### Tasting Australia

**What:** The state-wide Tasting Australia festival is the year's largest and most delicious showcase of South Australian produce and culinary talent. The 10-day program includes everything from exclusive dinners to the bustling food hub in Victoria Square, and events in regional towns featuring the best local produce.

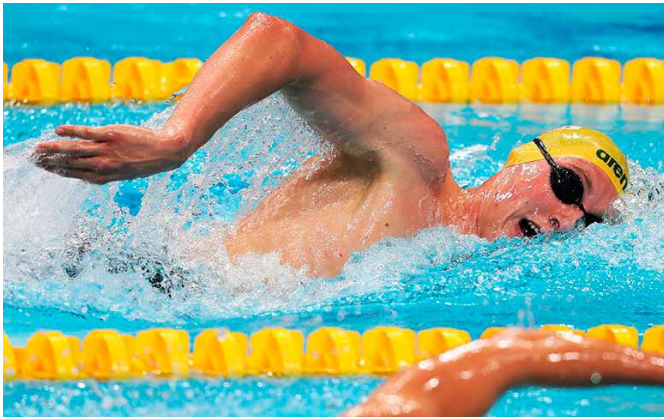
**When:** 29 April - 8 May

**Where:** Locations across South Australia

**More info:** [tastingaustralia.com.au](http://tastingaustralia.com.au)







## MAY

### 2022 Australian Swimming Championships

**What:** See Australia's best swimmers in action. With Australian Championship honours and Australian team selection up for grabs, it's sure to be a highly anticipated hit out as the path to the Paris Olympics begins.

**When:** 17 – 22 May

**Where:** SA Aquatic & Leisure Centre, Oaklands Park

**More info:** [swimming.org.au/events/2022-australian-swimming-championships](https://swimming.org.au/events/2022-australian-swimming-championships)



## JUNE

### Adelaide Cabaret Festival

**What:** Hosted by the Adelaide Festival Centre and dubbed the largest festival of its kind in the world, the Adelaide Cabaret Festival is a renowned event showcasing outstanding local, national and international cabaret artists in a jam-packed, two-week program.

**When:** 10 – 25 June

**Where:** Adelaide Festival Centre

**More info:** [adelaidecabaretfestival.com.au](https://adelaidecabaretfestival.com.au)

## ANYTIME OUTING

### Carrick Hill

**What:** Admire Carrick Hill, take in the formal gardens, walk through the English manor-style home and glimpse at the internationally significant art collections. Delicious food and wine can also be enjoyed whilst appreciating the panoramic views across Adelaide.

**When:** Wednesday – Sunday, 10am – 4.30pm

**Where:** 46 Carrick Hill Drive, Springfield

**More Info:** [carrickhill.sa.gov.au](https://carrickhill.sa.gov.au)



## GET SOCIAL!

Did you know that ACH Group hosts a variety of social events and group experiences to connect you with like-minded people? Whether you are a green thumb, are an avid foodie, or simply love exploring new places, we have the perfect group experience for you!

View upcoming experiences at [achgroup.org.au/group-social-experiences](https://achgroup.org.au/group-social-experiences)

## HEALTHIA REIMAGINES HEALTH AND AGED CARE



**Construction of Healthia, a health and education hub that will feature a state-of-the-art residential care home and provide health services to Adelaide's northern community, has begun.**

The \$40 million development, adjacent the Lyell McEwin Hospital within the Playford Health Precinct, brings together ACH Group, Northern Adelaide Local Health Network (NALHN), University of South Australia, and City of Playford.

ACH Group CEO Frank Weits said, "Healthia will improve the health and lifestyle outcomes for Adelaide's northern community and reimagine residential aged care."

Covering more than 15,000 square metres of land, Healthia will include a 96-place residential care home comprising 8 small-scale homes, each with 12 private rooms. The design incorporates findings from the Royal Commission into Aged Care Quality and Safety and best practice in dementia care.

Healthia will be Australia's first residential care home purposely built to limit the spread of infectious viruses such as COVID. Infection prevention measures include mechanical systems to minimise recirculation and the spread of air droplets. Each bedroom will have direct access to the outdoors, and

living and dining areas will be more spacious for greater social distancing.

Affordable health services will be offered to the local community, with Healthia the home to a general practice and student-led allied health clinic run by the University of South Australia. In addition, students will undertake placement in the residential care home.

Healthia is scheduled to be fully operational and welcome its first residents by June 2023.

Stay up-to-date with the project at [achgroup.org.au/healthia](https://achgroup.org.au/healthia)



## BROAD SPECTRUM OF RESEARCH FOR 2022



In partnership with Flinders University, University of Adelaide, University of South Australia, and other leading research organisations, it is set to be a busy year of research for ACH Group with exciting projects planned.

ACH Group research aims to support older South Australians to live good lives with findings from the projects considered in the design of support services and their delivery.

Some of the key research projects for 2022 will focus on:

- Better understanding the role that food and the dining experience plays in maximising resident wellbeing in residential care homes.
- Exploring the impact of pet policies on the social and physical health of people living in retirement villages.
- How 3D printing technology may be used to develop better fitting N95 masks for infection control.
- Evaluating the outcomes of people who live with neurological conditions participating in a walking football (soccer) program.
- The use of virtual reality to advance workforce education and training in cognitive decline.

## CAREERS GROWING WITH TRAINEESHIPS

Training and further education is key to creating the skilled and dedicated aged care workforce needed to meet the increasing demand in services.

More than 140 ACH Group employees are currently taking part in traineeship programs in a wide range of courses including leadership, community services, mental health, and nursing, made possible thanks to funding from the Department of Innovation and Skills, Government of South Australia

"At ACH Group staff are our greatest asset. A key focus is

to provide our workforce with pathways to support their career progression within the aged care industry and these traineeships are integral to this," ACH Group CEO Frank Weits said.

"The industry is not only growing but it is changing and to deliver high quality care and support we need staff that are knowledgeable, skilled and dedicated, and excellent training programs and professional development opportunities are key to achieving this."

## CHAIR TO INFORM AGED CARE REFORM



ACH Group Chair Mary Patetsos is one of 17 Australians named on the first National Aged Care Advisory Council formed to provide expert advice on aged care issues and the implementation of reforms in response to the Royal Commission.

Ms Patetsos said she was proud to be a member of the inaugural Council that will work to ensure aged care reforms meet the needs and expectations of older Australians, their families and carers, and the wider Australian population.



THE LAWN BOWLS

# trailblazer

—  
WHEN READING THE LIFE STORIES OF TOP SPORTSPEOPLE, THEY HAVE OFTEN OVERCOME GREAT ADVERSITY TO MAKE IT TO THE TOP OF THEIR SPORT.





these years – approached the RSB Welfare Officer. We said, we wanted to form a club so we can go to the national titles and represent our state, even though we had never played before! Luckily the Welfare Officer had sway with the Director and shortly after he told us, 'It's a goer'.

## WHAT WAS THE PROCESS OF STARTING A CLUB FROM SCRATCH?

Firstly, we formed a committee, and then we did a lot of fundraising because in those days we had to pay our own way for accommodation, uniforms, entry fees, our airfares. Cath and I would go down to West Lakes shopping mall on the bus to sell raffle tickets to raise money.

Throughout the years we had new members joining all the time. There were up to 20 club members at any one time.

We also decided to not just be in the blind bowlers' club, but also to go into the community and join other local bowling clubs.

## WHY WAS THIS IMPORTANT TO YOU?

Just for the fact to show people that we could do it as well as they could.

In 1993, I won gold for the state championships fours playing for Broadview Bowling Club. This was a sighted team, I was lead, and it is an achievement I am very proud of.

For June Goodhand, who represented Australia and had great success on the world stage in lawn bowls, the adversity she overcame was playing the game she loved with profound vision impairment.

"Mum and Dad both had the gene for Stargardts disease. They had six children and the eldest and the youngest – me – were born with the gene. It means I have no central vision at all – when I look at people straight on I can see their outline but no features," June explained.

June was one of Australia's top blind lawn bowlers from 1979 to 1994. At the height of her career, she won gold at three successive World Blind Bowls and carried the Australian flag at the opening ceremony of the 1994 Commonwealth Games in Canada. It was the

first Commonwealth Games to feature a para-sport program.

June has shared her story on how she led the charge for blind bowls to begin in South Australia, her triumphs on the bowling green, and her new love for singing.

## TELL US HOW YOU CHAMPIONED TO HAVE A BLIND SOUTH AUSTRALIAN LAWN BOWLS TEAM.

I often frequented the Royal Society for the Blind (RSB) in Gilles Plains. I did some courses there – pottery, typing, kung fu, in fact I was on the Midday Show demonstrating kung fu... but that's a whole other story!

During my time at RSB I noticed that all the other states had a blind lawn bowls team. So, my friend Cath – who I'm still friends with now after all

# COVER STORY

## HOW DO YOU PLAY LAWN BOWLS WITH VISION IMPAIRMENT?

All blind bowlers have a sighted helper, someone who themselves is a good bowler.

For the first bowl, the sighted helper would tell you the length of how far away the kitty was, and whether it was on the narrow or wide side. You'd then move your feet accordingly.

As the game progressed, your helper would move to the clock method. For example, telling you there's a bowl at 71 feet at 1 o'clock and then you'd get this picture in your head. They'd tell you if you needed to go around an opponent's bowl, so you'd make your shot wider, or if you were going to take a bowl out, so you could put more pace on it.

**"THE KEY WAS REALLY BEING IN TUNE WITH YOUR BODY AND ADJUSTING YOUR BACKSWING AND STRIDE, TO GET THE RIGHT DISTANCE, PACE, AND ANGLE."**

You also have to put your faith in your sighted helper and be good at following instructions.

## WHEN DID YOU START ACHIEVING SUCCESS IN YOUR OWN GAME?

Well, I had only been playing lawn for three months and the club went to Sydney to compete and I won a silver medal in the singles at the National Titles, and then it just went on from there. I travelled to Zimbabwe, Canada and New Zealand. In New Zealand we taught the blind bowlers our methods of playing and soon they had success.

## WHAT WAS YOUR EXPERIENCE AT THE COMMONWEALTH GAMES?

I took the opening ceremony and leading out the team in my stride. I couldn't see anything in detail, but I knew the stands were full, and the atmosphere



June, pictured centre in her Australian uniform.





June, pictured far left, carrying the Australian flag at the 1994 Commonwealth Games.



was wonderful. I never got nervous or anything like that. I just went along and did what I had to do.

My husband and our children weren't able to come to the Games, but they were very proud of what I was achieving. Devastatingly, the Commonwealth Games was the last time I played lawn bowls.

For a few years leading up to the Games I had osteoarthritis all the way from my neck to my lower back. The previous year at the World Games, on the same green as I was playing on at the Commonwealth Games, halfway through that game my back went. A chiropractor was able to fix it and I went onto win gold.

But at the Commonwealth Games, the doctors and physiotherapist said I couldn't go on, so I had to retire. It was devastating. But when you're injured there's very little you can do.

## AND AFTER LAWN BOWLS, WHAT BROUGHT YOU JOY?

Because I couldn't play lawn bowls I was always thinking, what else can I do?

Then one day I got a brochure from ACH Group which had all the social experiences offered, and the choir listed. I had always liked singing at school.

Paul Sinkinson, our Choir Director, he's just absolutely wonderful.

I used to have all the song lyrics printed out in big block letters on pieces of paper, which made it hard to flip between pages when we changed songs.

Paul said to me one day, 'June, why don't you get yourself an iPad? I'll upload all the songs for you.' Now I have an iPad with all the lyrics on it in large font. It makes it so much easier to follow and sing along.

## WHAT ARE YOU MOST PROUD OF?

I'm a very determined person. People give me compliments all the time and say, 'I don't know how you do it, June'. But when you've grown up with little sight, you don't know anything else.

**"I HAVE NEVER EVER LET MY VISION IMPAIRMENT STOP ME FROM DOING ANYTHING I WANTED TO DO."**



LIFESTYLE



# colour trends

OF 2022

WITH EACH NEW YEAR COMES NEW COLOUR AND STYLE TRENDS. FOR 2022, THE WORLD'S STYLISTS HAVE PREDICTED TWO PALETTES THAT ARE CONTRASTING, YET SIMILARLY INSPIRED BY OUR CHANGED OUTLOOK RESULTING FROM THE PANDEMIC.



LET'S TAKE A LOOK AT THE TWO  
KEY COLOUR TRENDS FOR 2022.

## VIBRANT AND OPTIMISTIC

Bright and uplifting colours are on-trend as we look to add positivity to our lives. After months of restrictions, many are experiencing an urge to be bold, expressive and try new things. As such, colours that encompass this sense of rejuvenation and optimism are all the talk this year.



Color of  
the Year  
2022

**Very Peri**

### **Blue-purple**

Pantone has revealed its colour for 2022 is Very Peri – a blue-purple hue. The shade, made by blending blue with the energy and excitement of red, is described as a “warm and friendly blue hue with a carefree confidence and joyful attitude”.

### **Sunny yellow**

Sunny hues, that exude energy and vitality, are making a comeback in styling as an option to warm up homes and wardrobes.

## CALM AND GROUNDED

Tones that evoke the natural world and warm neutrals that are synonymous with calmness inspire the popular calm and grounded palette of 2022.

### **Earthy tones**

Many interior designers predict that greens of all undertones and shades will rapidly rise in popularity as society craves to bring the look and feel of the natural world into their homes or wardrobes.

Additionally, there has been a resurgence in natural surfaces – think terracotta, marble, stoneware and travertine being used throughout the home, from bathtubs to benchtops and decorative objects to imitate the relaxing and restorative atmosphere of the outdoors.

### **Warm neutrals**

Warm neutrals, including ivory, greys, and browns, are versatile and provide a feeling of calm and comfort, while being timeless.

Whether you're craving calming neutrals or are reaching for an optimistic pop of colour, use the two colour trends of 2022 to update your home and wardrobe. Happy shopping and styling!

THE INS  
AND OUTS OF

# nutrients



**KAITLYN DIENELT**  
ACH GROUP DIETITIAN

---

**UNDERSTANDING THE TYPES OF NUTRIENTS  
IN FOODS AND THE EFFECTS THEY HAVE  
ON YOUR BODY MAKES IT EASIER TO EAT  
A HEALTHY, BALANCED DIET.**





The nutrients your body needs are divided into two groups – macronutrients and micronutrients, and by working together they promote growth and regulate bodily processes.

Macronutrients, found in carbohydrates, protein, and fat, are the nutrients your body needs in larger amounts. These provide your body with energy. Micronutrients, which are vitamins and minerals, are required in smaller amounts and are essential for bodily functions.

Let's take a closer look at macronutrients and micronutrients.

## MACRONUTRIENTS

### PROTEIN

Protein is the main building block of the body. Protein is made up of amino acids that build and repair muscles and bones. Some amino acids cannot be made by the body, so it is essential that you consume these in your diet. Typically, foods high in protein provide amino acids, such as lean meats and fish, eggs, dairy products, legumes, seeds, quinoa, soy, and nuts.

### CARBOHYDRATES

Carbohydrates, the main source of fuel for the body, are found in fruits, vegetables, breads and grains, and most sugary foods. Carbohydrates contain sugars, starch, and fibre. Each are useful at certain times, such as sugar in a ripe banana eaten

before exercising for a quick burst of energy, or a starchy, high fibre slice of toast for longer lasting energy. Fibre is essential for gut health and bowel management.

### FAT

Fat is important for the cushioning and protection of the skeleton. Some vitamins only come from fats, so eating some fatty foods is important. Examples are vitamin A and vitamin D, which are important for good vision, skin and bone health. Incorporating healthy fats, such as those with anti-inflammatory properties like omega 3 or 6, is a better choice than saturated or trans fats that are damaging to the body. You can find these healthier fats in many foods such as oily fish and nuts.

## MICRONUTRIENTS

### VITAMINS AND MINERALS

Micronutrients do not directly have energy but assist your body to utilise the energy from macronutrients.

Common minerals you may have heard of include calcium from dairy foods for bone health; iron from red meats or legumes; and zinc for healing.

Common vitamins include vitamin B for energy, found in leafy greens, eggs, milk and cheese; vitamin C for

immunity, in citrus fruits, tomatoes, strawberries; and vitamin D in tuna, salmon and egg yolks.

Although it can be supplemented through multivitamins or specific tablets, eating a healthy and varied diet means you should meet your micronutrient requirements.

Exactly how much of each micronutrient you need varies based on your age, weight, diet, and exercise.



A FULL LIFE

# on the Fleurieu

PETER WHITFORD EPITOMISES THE SAYING THAT 'BUSY PEOPLE STAY BUSY'. IN HIS 87 YEARS, HE'S NOT STOOD STILL FOR LONG.



Peter wakes at 6am every morning, reads the paper and then tends to his Normanville Heights garden, "to keep it tidy". He then heads to the Myponga farm to check the fences and animals, and – depending on the season – cart hay or control weeds.

This summer's harvest saw Peter cart over 800 round bales.

The son of artists who by chance became dairy farmers when they bought the Roslyn Vale property in Myponga, Peter remembers growing up helping his father clear the land and the time their first Jersey stud bull and cow arrived. Another highlight was when he bought the farm's first tractor from savings he'd squirrelled away from a-pound-a-week wage.

When Peter married his childhood sweetheart Madge, the couple moved into a sleepout while he built their first home. He did it all: bricklaying, plumbing and second fix. Here, the couple raised their three daughters – Bronwyn, Amanda and Merridie – and enjoyed a vibrant community and strengthened Roslyn Vale's reputation as a premium stud and dairy farm. The farm is still in the family and today supplies The Fleurieu Milk Company.

Peter played football, attended Willunga High School and grew to serve the community he loves.

A snippet of his many roles includes seven years as Chair



of Willunga High School's council, eight on the board of Dairy Vale, 17 as Chair of the Mount Compass Field Day, 40 as a fire officer, over 50 on the Myponga Sporting Club committee, and just shy of three decades on the Yankalilla Council – seven as mayor. He's also a life member of the Australian Jersey Society and the Myponga Memorial Community Centre.

While Peter continues to put his hand up to support his community, these days the farm and his church are what keeps him most busy.

**“THIS IS A GREAT AREA TO LIVE. MY COMMUNITY AND FAMILY HAVE GIVEN ME MORE THAN I COULD HAVE IMAGINED... I’VE BEEN VERY FORTUNATE.”**

This summer like many in years gone past, he joined his church at Normanville's VACSWIM, handing out ice blocks and sunscreen each day.

He also got a kick out of speaking at last year's Agricultural Teacher's Conference and Urrbrae's open day, where he imparted his knowledge of cows and shared his life story.

To recognise Peter's dedication to his community he received an OAM in 2006 and is often asked if he's met any famous people.

"My wife, Madge," he replied. Madge sadly passed away three years ago.

He could also add Sir Robert Menzies, Prime Minister John Howard, Governor Marjorie Jackson-Nelson, and Queen Elizabeth II.

Peter accesses at-home support services with ACH Group, funded by the Commonwealth Home Support Program, to help him to continue to live in his own home.



# strength training

## WEIGHS UP



**SOPHIE GEE**  
ACH GROUP PHYSIOTHERAPIST

**STRENGTH TRAINING ISN'T JUST FOR BODYBUILDERS; INCORPORATING THIS TYPE OF TRAINING INTO YOUR EXERCISE PROGRAM PROVIDES MANY BENEFITS TO SUPPORT HEALTHY AGEING.**



Strength training, also known as weight or resistance training, involves exercises using your own bodyweight or equipment, like dumbbells, resistance bands, and weight machines, to build muscle mass, strength, and endurance.

The benefits of strength training are considerable and varied. Here's a few key points.

- After the age of 60, on average 3% of muscle mass is lost every year. Strength training can play a vital role in regaining these losses. Increasing muscle mass builds your strength and stamina to support you to engage in everyday activities from walking to climbing stairs, carrying shopping bags or doing housework.
- As well as increasing muscle mass, strength training increases bone density, and can support the management of osteoporosis.
- As you gain muscle, your body begins to burn calories more easily making it easier to control your weight.
- Strengthening exercises can increase flexibility and balance, reducing falls and injuries.
- There's further evidence that strength training minimises the symptoms related to chronic health conditions such as diabetes and heart disease, combats cognitive decline and improves your mental health.

## WHAT TO CONSIDER WHEN STRENGTH TRAINING

### 1 Check in with a health professional

Always check with a qualified health professional, such as your GP, before commencing any new exercise program. This is to ensure you can exercise safely without your new routine having adverse effects on your health.

### 2 Seek an individualised program

A physiotherapist or exercise physiologist (EP) can develop a strength program that is tailored to you and considers your personal goals, and current health, fitness and strength. A tailored program will give you confidence that the exercises you're doing are safe and effective. Furthermore, you can choose to take part in group exercise classes or one-on-one sessions with an EP. Having the experienced eye of an EP monitoring you will ensure you are exercising safely and correctly, to get the most out of your session.

### 3 Know your body

When exercising, stop if you feel pain, or you have difficulty breathing. Before you commence again, check with a health professional and they can review your program and modify as required.

### 4 Find ways to keep motivated

Finding the motivation to keep exercising can be challenging at times. Setting weekly goals, tracking your progress, and rewarding yourself when you achieve your milestones is an effective way to keep motivated. Consider asking your friends to join you, so exercising is also a social occasion, or compiling a playlist of your favourite songs as music not only helps boost your endurance and exercise performance, but it can also help you fight off fatigue.

### INTERESTED?

ACH Group has three health and wellness hubs located across metro Adelaide, with a team of Allied Health professionals to assist you to exercise safely and achieve your personal goals.

### LEARN MORE

[achgroup.org.au/  
health-and-wellbeing/  
health-studio](http://achgroup.org.au/health-and-wellbeing/health-studio)

RUDI'S KICKING HIS

*own goals*





Rudi Baumer said his greatest loves are, "my wife Nikki, our children and grandchildren, and Arsenal."

Nikki teased, "that's the first time Arsenal hasn't come first."

The couple married in 2004, and six months later Rudi was diagnosed with Parkinson's Disease. The first symptoms were a few twitches, but as time progressed it affected Rudi's ability to use his legs and arms.

In 2012 Rudi had deep brain stimulation to control the shaking, then in 2018 had a suspected stroke. Dementia and diabetes followed, and then depression.

There was no more soccer (competing or coaching), socialising was challenging, and even visiting family was hard with Rudi's speech deteriorating, leaving him feeling disconnected and frustrated.

But then something profound happened a few months ago when Rudi joined 'Everybody's Game', a walking soccer program run by ACH Group for people who have had a stroke, or live with neurological conditions.

Rudi's skills on the wing came to the fore, and his kicking accuracy was rewarded with an Adelaide United jersey. This is a prize neither Nikki nor Rudi could have ever imagined, and it won't be joining the haul of

soccer medals and trophies in the spare room – this one's for celebrating every day.

"I call him the Energiser Bunny because he runs up and down the pitch with endless energy," Nikki said.

**"HE'S OFF LIKE A ROCKET. HE HAS THE BIGGEST SMILE ON HIS FACE AND FOR THOSE TWO HOURS AT EVERYBODY'S GAME HE COMES ALIVE."**

And where is Nikki during the game? "I'm the cheer squad!"

The couple also enjoy babysitting their grandchildren and beach walks together.

"Rudi may not walk very fast, but we're not in a race; we're happy to simply sit and look at the ocean," Nikki said.

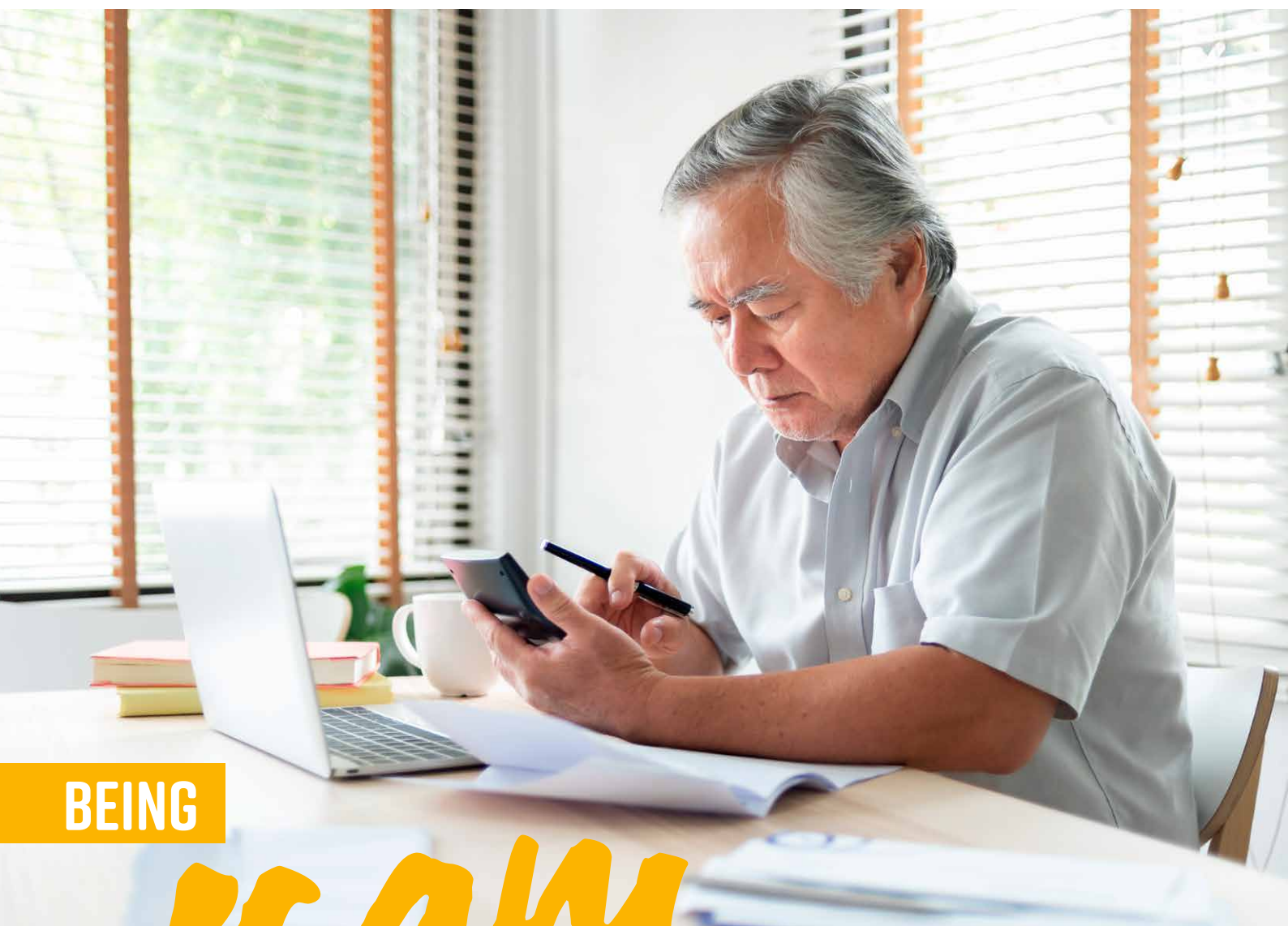
And, Rudi's message to anyone with a similar condition: "do what you love."

Rudi is an NDIS customer and takes part in ACH Group art and exercise classes to support him to live well.

"With art I can just draw, there's no guidelines or rules," Rudi said.



Are you or someone you know under 65 years and living with neurological conditions including acquired brain injury, Parkinson's disease, stroke or younger onset dementia? To learn more about NDIS services with ACH Group visit [achgroup.org.au/ndis-support](http://achgroup.org.au/ndis-support)



BEING

# scam aware

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**SOCIETY'S GROWING RELIANCE ON TECHNOLOGY IS PROVIDING SCAMMERS WITH NEW OPPORTUNITIES TO TARGET AUSTRALIANS.**



First, it was mail scams then telephone scams. Nowadays the rise of digitalisation has provided scammers with an array of additional channels to execute their tactics.

In 2020, the Australian Competition and Consumer Commission (ACCC) reported that over 444,000 Australians fell victim to scammers, parting way with over \$850 million dollars. The majority of these Australians were over the age of 65. Understanding the types of scams, their delivery methods, and actions to take if you identify a potential scam are vital to become scam aware.

## SCAM TYPES AND DELIVERY METHODS

Currently phone, email and via social media are the three most common communication methods used to deliver scams. There are three scam categories to note:

### Phishing

Scammers attempt to trick you into providing personal information by pretending they are from a legitimate business.

### Threat based

Scammers demand money that you supposedly owe, followed by threats if you do not cooperate.

### Identity theft

Fraud that involves using someone else's identity to steal money or gain other benefits.

## SPOTTING SCAMS

The ACCC advises there are some common tell-tale signs of a potential scam. Be cautious if someone:

- You don't know contacts you.
- You've never met requests money.
- Requests money through unusual payment methods, or requests sensitive information such as your bank details and passwords.
- Pressures you into buying something or making a decision quickly.
- Offers you something that appears too good to be true — such as a competition prize, or an unclaimed inheritance.

If you are still unsure if the person you are speaking to is legitimate, SA Police recommends that you contact the company using the phone number or email address from the phone book or the business's official website.

Importantly, before sharing bank details or transferring money, discuss it with a family member or friend. You can also visit [scamwatch.com.au](http://scamwatch.com.au) to check if you have been targeted by a known scam.

## WHAT TO DO IF YOU THINK YOU HAVE FALLEN VICTIM

If you believe that you have been targeted by a scam, SA Police and the ACCC advises that you:

1. Report it immediately by visiting [cyber.gov.au/report](http://cyber.gov.au/report)
2. Contact your bank if you have shared your financial information or sent money to a scammer.
3. Change your online passwords if you have fallen victim to a computer scam.
4. Reach out to your GP, local health professional or someone you trust if you feel overwhelmed and stressed.

## HELPFUL RESOURCES:

### [scamwatch.gov.au](http://scamwatch.gov.au)

The official Federal Government website for tips, advice, and scam news.

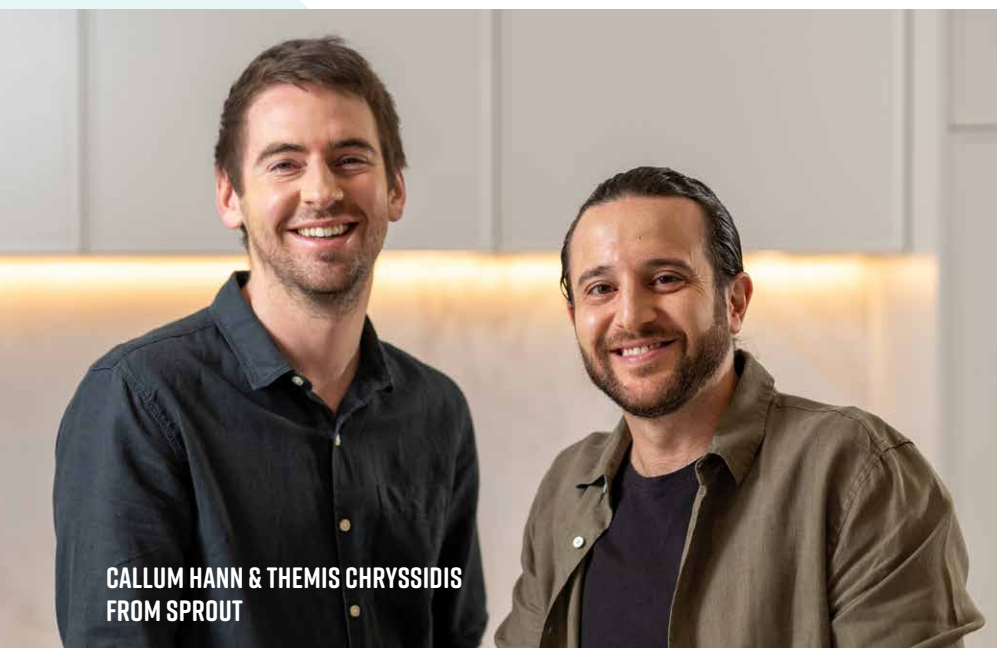
### [cyber.gov.au/acsc/register](http://cyber.gov.au/acsc/register)

Where you can register for email alerts on recent online threats.

# What's cooking?

OR, SHOULD WE SAY,  
HOW'S IT COOKING?

Turn to  
page 47 for a  
haloumi salad  
recipe by  
Sprout



CALLUM HANN & THEMIS CHRYSIDIS  
FROM SPROUT

**Themis Chryssidis from Sprout breaks down the most common cooking methods.**

## PAN FRY

Food is cooked in a frying pan with a small amount of oil over high heat.

**Nutrition** – retains all nutrients. Small amount of fat added, ideally use extra virgin olive oil to add nutrition.

**Flavour** – enjoyable flavour due to chatty characteristics and a crispy 'sealed' textured.

## DEEP FRY

Food is completely submerged in very hot oil for cooking, colouring or crisping.

**Nutrition** – retains most of the nutrition. Often deep-fried food requires a crumb or dusting which absorbs a lot of oil and significantly increases fat content.

**Flavour** – coating is often the dominant flavour. Produces a crunchy texture.

—  
**OUR HEALTH AND FOOD ENJOYMENT  
ARE NOT ONLY INFLUENCED BY  
WHAT YOU COOK, BUT ALSO HOW.**



**STIR FRY**

Food is cooked quickly at very high temperatures in a wok to increase the cooking surface area and allow the food to be quickly tossed.

**Nutrition** – retains all nutrients. Requires only a very small amount of oil. Often high salt ingredients are used such as soy sauce however this is not always necessary.

**Flavour** – full flavoured often enhanced by additional herbs and spices such as garlic, ginger, and chilli. Crunchy texture.

**AIR FRY**

A cross between roasting and deep frying. Food is placed into a basket in the air fryer which sits above a heating element while hot air is rapidly circulated, cooking the food from a range of directions.

**Nutrition** – retains nutrients. Requires the least amount of additional oil compared to other frying techniques. Up to 80 percent less fat than deep frying.

**Flavour** – does not enhance the flavour. Texture is not as crunchy on the outside or fluffy on the inside like deep frying and has a crisp firm exterior rather than crunchy.

**GRILL**

Food is cooked on a grill or hot plate and exposed to very hot direct heat from below or above.

**Nutrition** – nutrients retained. Does not require additional oil. Low-fat cooking method.

**Flavour** – the direct contact with a very hot grill/plate and flame creates a desirable crunch and golden characteristic.

**ROAST**

Food is cooked in dry heat typically in an oven.

**Nutrition** – nutrients retained. Requires some additional fat to ensure food cooks evenly. Place on a rack to allow fat to drain away.

**Flavour** – often results in tender, consistently cooked food and lends itself well to the addition of flavours such as herbs and spices.

**STEAM**

Food is placed in a container, with a lid and holes in the bottom, above boiling water.

**Nutrition** – loses a small amount of water-soluble nutrients. Does not require additional fat. A very low fat and low energy cooking technique.

**Flavour** – does not enhance the flavour profile of the food. Depending on how long food is steamed the texture could be crunchy or very soft.

**POACH**

Food is placed in a pot of barely bubbling water to slowly cook through.

**Nutrition** – reduces water-soluble nutrients. Does not require the addition of fat to cook. However, fat like coconut milk and flavour enhancers such as herbs and spices can be included in the poaching solution. Low-fat cooking technique.

**Flavour** – results in juicy and tender food.

**BOIL**

Food is placed in a pot of vigorously bubbling water.

**Nutrition** – results in a loss of water soluble nutrients. Does not require any additional fats or flavour enhancers to cook. Considered a very low fat and low energy cooking technique.

**Flavour** – does not enhance the flavour profile of the food. Depending on how long food is boiled the texture could be crunchy or very soft, and colour could be vibrant or dull.

**The final tip from Themis:**  
The key is to use a wide range of cooking techniques. This way you are less likely to overdo more indulgent cooking techniques but when you do use them, you enjoy them.

BRILLIANT

# bulbs



**SOPHIE THOMSON**  
GARDENING MEDIA PERSONALITY

**GROWING BULBS IN POTS IS EASY, FUN AND REWARDING. POTS OF BULBS ARE PERFECT FOR SMALL GARDENS, GARDEN SPACES THAT ARE ALREADY FULL, OR TO DRESS UP YOUR DOORWAYS AND ENTRANCES.**

The key to success is to choose suitable varieties, which are sturdy and not too tall, and plant them in an appropriately sized and shaped pot. Always use a potting mix that is well-draining or designed especially for bulbs. Bulbs perform best if they develop a strong root system before they attempt to grow leaves or start to develop their flower stems. Encourage this by keeping the pots somewhere cool and shady until the new shoots are about 10cm tall.

To have your bulb pots looking great year after year, it is necessary to replant your bulbs with new potting mix yearly, and to feed your bulbs regularly to replace the nutrients that have been expended in the flowering process.

Here are my favourite hardy, trouble-free bulbs which will continue to bloom for a few years if you feed and look after them. These are all low growing and look great when placed on an outdoor table or bench when in bloom or clustered near a doorway.





## FREESIAS

Ever-popular spring bulbs renowned for their scent and vibrant display of colour. Their slender stems display a succession of trumpet shaped flowers with either a single or double form. Choose the giant hybrids which have flower stems of 30-60cm high and come in white, yellow, orange, red, blue, and purple.



## SPRING STAR FLOWERS

Hardy bulb which is very long flowering, producing masses of sweetly scented, small starry flowers in shades of white, blue or dark purple-blue. The flowers only grow to 20cm high, so their scent is only really appreciated when they are placed on a table or wall, closer to nose height.



## HYACINTHS

My all-time favourite bulb for pots, known as 'Queen of the Bulbs'. I love them for their bold colourful flowers and divine perfume. Flowering in early spring, they have sturdy upright stems 25-30cm high, densely packed with brightly coloured flowers. Although perhaps not as hardy or as easy to grow as other varieties, they are definitely worth the effort.



## GRAPE HYACINTHS

Densely clustered stems of intense blue, white or soft pink flowers on 15cm stems.



## WHITE AUTUMN CROCUS

A great value autumn flowering bulb with 15cm high pure white flowers with golden stamens. It has almost evergreen foliage and a very long flowering period.

## MINIATURE DAFFODIL

The Miniature Daffodil (pictured on page 28) produces a cluster of three or four golden yellow flowers on 15cm high stems. They often flower longer and survive the weather better than taller daffodils.

Other great bulbs for pots are tulips, iris, alliums, baby gladiolus, ranunculus and unicorn root.

These spring flowering bulbs are available from nurseries and garden centres until late April. Have fun!

CARING FOR

# carers





## IT'S OFTEN A FAMILY MEMBER OR CLOSE FRIEND WHO TAKES ON THE ROLE OF A CARER. SOME CARERS ARE ON CALL AROUND THE CLOCK, WHILE OTHERS PROVIDE SUPPORT FOR DAY-TO-DAY TASKS SUCH AS SHOPPING, COOKING, LIAISING WITH AGENCIES, AND ASSISTING WITH TRANSPORT TO AND FROM APPOINTMENTS.

Caregiving is the ultimate act of love; it's compassionate and generous... and challenging.

That's why, if you're a carer, it's important to look after yourself – for your own wellbeing and that of the family member or friend you are supporting.

"Although it can be difficult, try to make sure that you eat healthily, stay active and get enough sleep," Katey Elding, ACH Group's Connected Communities Development Manager, said.

"It's also important to take time to do things that make you feel happy, laugh and enjoy life.

Carers need opportunities to be spontaneous, to have things to look forward to outside the caring realm."

To achieve this, it's important to recognise that looking after yourself is not a reward, it's vital to your role as carer, so here's a few tips:

- Reach out to family and friends for support.
- Use the services available to support carers including respite services.
- Connect with other people who are in a similar situation as you.
- Have a daily routine that includes exercise, such as walking or gardening. This will boost your energy and wellbeing.
- Book regular check-ups with your GP, especially if you feel anxious, can't sleep or your mood is low. Many GPs offer phone or video consults.
- Ask your pharmacy to deliver scripts to your door, to add more convenience to your day.
- Get out and about on a weekly basis to meet a friend or pursue a hobby.

## WITH THE CUSTOMER AND CARER IN MIND

ACH Group's McLaren Vale Respite Program is held five days a week between 9am and 4.30pm, and features daily classes including art, exercise, mosaics, and drama for people living with memory loss. Qualified instructors, occupational therapists and physiotherapists design and lead the program ensuring customers have access to early intervention

and cognitive rehabilitation to manage memory loss.

"At first carers can be concerned about leaving their family member or friend, so we provide opportunities for them to participate if they wish to, then they can go with a free mind and catch up with their friends or do something else that they enjoy," Katey said.

Visit [achgroup.org.au/social-experience/mclaren-vale-respite](https://achgroup.org.au/social-experience/mclaren-vale-respite)

NEW

# Health Studio

# 50+

GOOD HEALTH IS ONE OF THE FOUNDATIONS OF LIVING A GOOD LIFE. REGAINING YOUR HEALTH OR MANAGING AN ONGOING CONDITION CAN SUPPORT AN IMPROVED SENSE OF WELLBEING AND HELP YOU TO ENJOY THE ACTIVITIES THAT YOU LOVE, OR TRY NEW ONES.





**“I SEE THE BENEFITS TRAINING ON THE SENSO WOULD HAVE FOR YOUR BALANCE AND MEMORY AS YOU’RE USING YOUR BODY AND FEET, AND YOU HAVE TO CONCENTRATE ON THE GAMES AND ACTIVITIES ON THE SCREEN AT THE SAME TIME,” ACH GROUP CUSTOMER LESLEY COLLETT SAID.**

## SOUTH AUSTRALIA’S FIRST HUR SENSO

A new health and wellness hub, for people aged 50 and over, has opened in the southern suburb of Christie Downs offering a one-stop-shop for allied health services, and exercise and wellness classes.

Health Studio 50+ at Christie Downs is one of three ACH Group health and wellness hubs and focusses on positive ageing.

The Studio offers a range of specialised health and wellness classes, and private consultations including physiotherapy, massage therapy, and podiatry.

Getting stronger has never been easier with a range of exercise classes on offer. Participants train on the state-of-the-art HUR gym equipment, which utilises world-leading technology using air pressure instead of weight. This supports older people to exercise safely, efficiently and reduces the stress on joints.

You will also find South Australia’s first HUR Senso machine – a cognitive training platform.

The brand-new machine is proven to reduce falls risk and improve cognitive function.

### WHAT IS THE HUR SENSO?

The Senso uses a computer screen and pressure plate sensors to create interactive, dual-task training sessions, where the body and brain are challenged at the same time.

The training is delivered via fun games that aim to work different parts of the brain such as memory, at the same time as getting the user to move their feet by reacting to the images on the screen.

### WHY IS TRAINING ON THE SENSO EFFECTIVE?

Studies have shown that performing cognitive tasks and motor tasks simultaneously, known as dual tasking, improves cognition greater than physical activity alone. Therapy that delivers dual tasking training using technology is often referred to as exergaming.

Research published on exergaming demonstrates improvements in balance, falls, cognitive function, mental wellbeing and a reduction in fear of falling. Specific research studies on the Senso have reported an improvement in stepping reactions, balance and cognitive function in older people.

### HOW TO ACCESS THE SENSO

Senso training could benefit people who have had or who are worried about falls; are frail; who know their balance isn’t as good as it could be; or who have neurological conditions such as dementia.

Following an assessment to understand needs and goals, a personalised program is created on the Senso. Each training session consists of a one-on-one session with an Allied Health Professional that runs for approximately 30 minutes. At least two sessions a week is recommended for best results.

People can access services by paying privately or using funding from various sources such as the NDIS, Home Care Package or the Commonwealth Home Support Program.

### LEARN MORE

Visit [achgroup.org.au/senso](http://achgroup.org.au/senso)



# Preparing

FOR YOUR

HOME CARE PACKAGE

**YOU'VE BEEN APPROVED FOR A HOME CARE PACKAGE AND HAVE BEEN ADVISED YOU'RE ON THE NATIONAL WAITING LIST. WHAT'S NEXT?**



ACH Group's Head of Home Care, Alli Speck, shares advice on what you can do during this wait time to prepare for your Home Care Package (HCP).

## AVENUES FOR SHORT-TERM SUPPORT

Depending on the support you require, you may be eligible for help through the Commonwealth Home Support Program (CHSP) including interim services while you wait for your HCP.

CHSP provides an entry level of care, with services subsidised by the government – meaning you will need to contribute a portion.

Consider using your CHSP codes from My Aged Care to undertake clinical assessments with a physiotherapist, social worker, or occupational therapist.

## BY ENGAGING IN THESE ASSESSMENTS EARLY IT ALLOWS YOU, AND THE PROVIDER YOU CHOOSE FOR YOUR CHSP AND HCP SERVICES, TO GAIN A GOOD PICTURE OF YOUR NEEDS.

From there you will receive individualised recommendations about services and products to improve your health, increase your safety, or get you back to doing the things you like to do. These services and products can be funded under the CHSP or your HCP once it is assigned.

Also speak with your GP, as services may be available through your GP that can provide assistance while you wait for your HCP. For example, under a Medicare chronic condition health care plan, those eligible can access five sessions of a particular allied health service such as podiatry, exercise physiology, or dietetics.

## CONTACT CENTRELINK

Call Centrelink to see what your client co-contribution may be. You will need to provide this information and the letter from Centrelink to your home care provider. If this isn't done, it can delay sign up, or you may be charged the full Income Tested Care Fee, which is over \$30 a day.

## RESEARCH PROVIDERS

Once you are assigned a HCP, you have 56 days to find a provider, with capacity to extend this date only once by another 28 days. If you haven't signed with a provider by this date, you will go back onto the national queue. Therefore, while you are on the waiting list, it's the perfect time to research potential providers.

Here are a few key points to consider when deciding on your provider:

- Understand the provider's costs and fees: Home care providers always publish their price list of all services and costs on the My Aged Care website.
- Trusted workers: Check that staff are fully vetted and trained. Also consider your

cultural needs, as you may prefer having someone that speaks your language and understands your cultural background to assist you with your daily tasks.

- Flexible services: As your goals and needs change, ensure that your home care provider will work with you to review and alter your care plan.
- Peace of mind: It is crucial to find a provider that offers 24/7 phone assistance.
- Your feedback matters: When meeting with your care provider, find out how communications, feedback, and complaints are handled.

## TAKE A HOLISTIC APPROACH

Common services accessed via a HCP include help at home support such as housework, gardening, and personal care. But you can use your package to create a holistic mix of care and services to support you to do the things you love and live life to the fullest. This includes using your funding for social activities, allied health services, and advice on how to navigate the aged care system.

## FIND OUT MORE

Need support with your at-home care? Contact ACH Group on 1300 44 22 77 to speak with our team. Help is also available to navigate the My Aged Care application process.

# Volun- heroes



**MEET PHIL AND LES,  
TWO LONG-STANDING  
VOLUNTEERS  
MAKING A VALUABLE  
CONTRIBUTION.**

### MEET PHIL

Phil McDougall has been volunteering with ACH Group for an incredible 22 years... and counting.

Along with being a devoted volunteer, Phil is known for his witty sense of humour and love of the Adelaide Crows.

Phil has provided invaluable assistance in various rewarding volunteer roles. He started as a driver for the Social Support Unit picking up customers from their homes and driving them to the supermarket, appointments or wherever they needed to visit that day.

Phil was quick to develop positive relationships with customers.





**“YOU CAN SEE THE CUSTOMERS APPRECIATE IT AND SEE IT IN THEIR FACE THAT THEY HAD A GOOD TIME – YOU GET ENJOYMENT JUST SEEING THAT.”**

In his spare time, you can find Les maintaining and cleaning the fleet cars, preparing them for the next trip.

“Les takes real pride in his work and the cars he is using,” Tay said.

When asked to identify a highlight of his volunteering career, Les chuckled and replied, “It’s hard to say one highlight because the whole thing is a highlight.”

“Customers always trust and feel safe with Phil. He cares for and looks out for them,” Tay Parker, Volunteer Manager at ACH Group, said.

Always willing to go above and beyond, Phil was later keen to add another string to his bow, this time in a Transport Coordination role. This meant that he was not only driving the vehicles but assisting with the coordination of all ACH Group transport for the southern region.

## MEET LES

Les Middleton is a dedicated, long-standing volunteer who has been with ACH Group for the past six years.

Like Phil, Les has experienced multiple hands-on volunteering roles aligned with his skills and interests.

Les is not a stranger to working with cars, given his professional career as Plant Manager at General Motors – Holden for 27 years.

As a volunteer with ACH Group, Les has had various tasks aligned with his interest in vehicles, from assisting as a driver for airport trips to maintaining the fleet cars. His role sees him assisting with fortnightly day trips to locations across South Australia for ACH Group’s Just Blokes group.

Les described this role as “rewarding”, and noted,

## DEDICATED DUO

With the escalation of the pandemic last year, both Phil and Les put their hands up to help with yet another volunteering role – the urgent delivery of personal protective equipment to ACH Group residential homes.

The duo continues to assist with this role once a week, facilitating a seamless and secure supply of masks and gloves to care homes.

Interested in volunteering with ACH Group? Learn more at [achgroup.org.au/work-with-us/volunteers](https://achgroup.org.au/work-with-us/volunteers)



THE IMPORTANCE OF

# staying connected

FEELING SOCIALLY CONNECTED, ESPECIALLY DURING 'THE PANDEMIC YEARS', IS MORE IMPORTANT THAN EVER.



**SPENDING TIME WITH HAPPY AND POSITIVE FRIENDS CAN ELEVATE YOUR MOOD, WHILE HAVING STRONGER SOCIAL TIES HAS BEEN LINKED WITH A LOWER RISK OF DEPRESSION, HEALTHIER BLOOD PRESSURE AND BODY MASS INDEX.**

Human beings are inherently social creatures. As far back as we can trace, humans have travelled, hunted, and thrived in social groups for good reason.

For people who spent years pursuing their careers or raising families, retiring may lead to a decreased sense of purpose. So, while we all have an innate need for meaningful social engagement, it plays a greater role in quality of life as we age.

Here are three of the endless benefits of maintaining social connections:

## **GATEWAY TO QUALITY OF LIFE**

Humans are social creatures and being in contact with other people on a regular basis is a must for many people to stay physically and mentally well.

## **EXPAND YOUR HORIZONS**

Engaging in new social groups and meeting people can introduce you to new interests and ideas to ponder. Mentally stimulating activities build up healthy brain cells, while learning about different ways of life, helps develop a higher level of empathy and acceptance towards others.

## **SUPPORT NETWORK**

Social supports are critical for emotional health. When you have a quality network of friends, you are more likely to have someone to call on during trying times who can listen to your problems, validate your feelings, and offer advice.

Friendship is a two-way street. When your friends are facing tough times, you will feel a sense of self-worth, purpose, and pride that you were there to support them.

## **GET SOCIAL!**

ACH Group provides a range of social experiences where you can meet new people, learn new skills, or revitalise past ones.

Led by experienced professionals, whether it's one-on-one or in a group, there is a class or event that will suit your interests and needs.

No experience or prior knowledge is required – it's all about trying something new and engaging with your community.

Learn more [achgroup.org.au/discover-and-explore](https://www.achgroup.org.au/discover-and-explore)

### APPS TO EXERCISE

# your brain

**EXERCISING THE  
BRAIN CAN BE  
AN IMPORTANT,  
ENJOYABLE PART  
OF EVERYDAY LIFE.**

Numerous studies have suggested that engaging in mentally stimulating activities regularly can result in a reduced risk of cognitive decline and developing dementia.

Activities that involve exercise for the brain include:

- reading and listening to podcasts
- taking a short course
- learning a new language
- playing musical instruments
- art and other creative pursuits
- taking part in activities such as sports, dancing, gardening
- board games, crosswords, Sudoku and other puzzles

- interacting with grandchildren
- involvement in service clubs and volunteering.

Almost any type of mental activity may be beneficial, but the most important thing is to continue to involve new learning, keep it varied and interesting, engage regularly and where possible make it a social event – involving friends and family.

With the creation of puzzles and activities that can be accessed at the tap of your finger on your phone or tablet, here are five apps to download that can play a part in exercising your brain!



These apps can be downloaded from Google Play or the Apple Store.



### 1. SUDOKU.COM - MIND GAMES

The Sudoku.com app has thousands of classic sudoku puzzles, ranging from beginner to advanced levels.



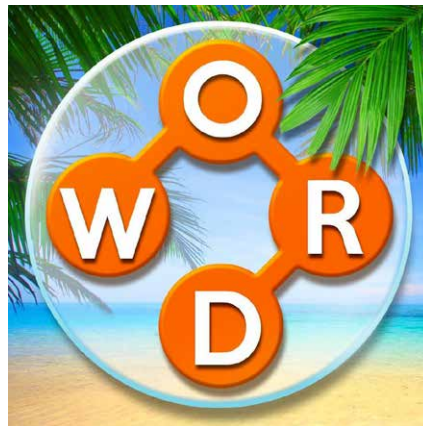
### 2. SCRABBLE GO

Play the classic Scrabble game on your phone or tablet. You can play with friends and family or be matched with players of similar skill level.



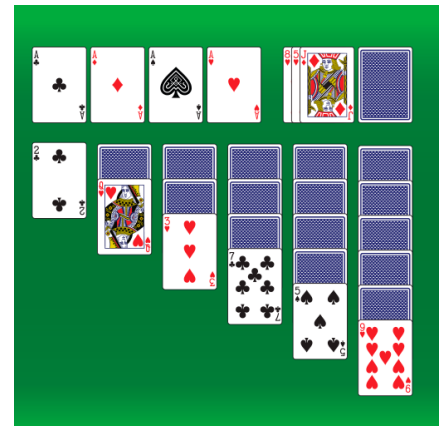
### 3. LUMOSITY: BRAIN TRAINING

Lumosity's cognitive training program promises to be a fun, interactive way to train your brain. Games are designed to exercise memory, speed, flexibility and problem-solving.



### 4. WORDSCAPES

Wordscapes combines creating words with a crossword puzzle. The game features beautiful imagery from sunrises to forests, plus there is a relaxing soundtrack.



### 5. PATIENCE (SOLITAIRE CARD GAME)

The iconic card game patience, where the aim is to move all 52 cards into 4 piles based on the 4 suits, can be found in app form. Key features of the online game include draw 1 or draw 3 cards, easy to read cards, and unlimited undo.

Many factors can influence changes in memory and thinking, some of which may be treatable. If you are concerned about memory changes, always consult a medical professional.

A CAREER FOCUSED  
ON CARE AND

*opportunities*





For more information about working at ACH Group visit [achgroup.org.au/work-with-us](http://achgroup.org.au/work-with-us)

## ISH SARIN WAS ATTRACTED TO NURSING BECAUSE OF THE VAST OPPORTUNITIES AND THE CHANCE TO SUPPORT PEOPLE DAILY.

After more than seven years working as a nurse in health and aged care, these two reasons still ring true for why Ish is passionate about his job.

In 2015, Ish began his career in aged care as a personal care assistant, then lifestyle assistant. After completing a Bachelor of Nursing degree at the University of South Australia, he worked at the Royal Adelaide Hospital and other residential aged care homes as a Registered Nurse before joining ACH Group.

As a Registered Nurse, Ish and colleagues support customers to live well in their home, providing a range of care including nursing assessments, wound care, diabetes management, medication assistance and wellbeing checks.

"Many customers have lived in their home for 50 to 60 years. To support them to continue living in that home and for some, continue living with their wife or husband, is a great feeling," Ish said.

Ish encourages nurses who are looking to make a difference and feel supported at every step to consider a job at ACH Group.

"Since being with ACH Group, I have been supported to grow my skillset, and progress my career based on interests."

After two years of bringing expertise and passion to the Community Nursing team, he has now furthered his career taking on the role as Acting Site Manager at one of ACH Group's eight residential care homes.

When asked what he enjoys most about his job, Ish answered, "continuing to learn and to be challenged each day while supporting people makes me feel satisfied."

And not only has Ish learnt nursing skills, his knowledge of world events and a series of topics has grown by listening to life experiences and stories shared by customers and residents.

"You learn very quickly that everyone has a story. I have

learnt about the world wars, to etiquette and farming from speaking with customers and residents. They have expanded my way of thinking."



Looking to the future, "I hope to continue to increase my skills and develop my career in further leadership positions, so I can take larger steps in providing quality care to older South Australians," Ish said.



## A TALE OF THE WORKING

# retirees

### **MOST OLDER AUSTRALIANS ARE LIVING LONGER, HEALTHIER LIVES AND WANT – OR NEED – TO WORK LONGER.**

Data published by the Council on the Ageing (COTA) revealed that only 49% of Australians aged 65 and older are retired – a decrease from 2018 figures where 60% of people in the age group reported they had entered retirement.

ACH Group Real Estate Services Manager Nat Johncock said there has been an increase in people who are still working and who are considering or choosing retirement living.

“A retirement village is called that for a reason, to relax

during retirement – but that doesn’t mean you can’t work still. In fact, a large number of people who live in ACH Group communities still have paid jobs,” she said.

“One resident at city apartments Spence on Light works in the CBD, and moved into the apartments to be within an easy walking distance to work.

“Many people feel more comfortable making the transition to retirement over time, and making the move

to a retirement village sooner rather than later gives them time to adjust financially to a more affordable and easy to manage lifestyle. Not to mention opening up new opportunities to spend more time doing the things they enjoy.

“There is no ‘one size fits all’ when it comes to making the move to retirement living, it is important to ‘do it your way’.”

Nat added that retirement villages offer many lifestyle and practical benefits.

“Residents enjoy a strong community of like-minded individuals who want to live safely and comfortably surrounded by people in similar stages of life,” she said.





## SMART MOVE FOR RETIREMENT LIVING

With over 40 locations to choose from, your retirement living options with ACH Group are spread far and wide. Here's just a selection...



### **Perry Park Village PORT NOARLUNGA**

Peaceful seaside lifestyle  
From \$76,000



### **Spence on Light ADELAIDE**

Affordable apartment  
living with city buzz  
From \$274,000



### **Elkanah Retirement Village MORPHETT VALE**

Country style setting  
in the south  
From \$219,000



### **James Evans Court, St Georges Court & Sir Keith Wilson Court MAGILL**

Affordable eastern  
suburbs living  
From \$81,000

## RETIREMENT LIVING: LIVE THE WAY YOU WANT TO, WHERE YOU WANT TO.

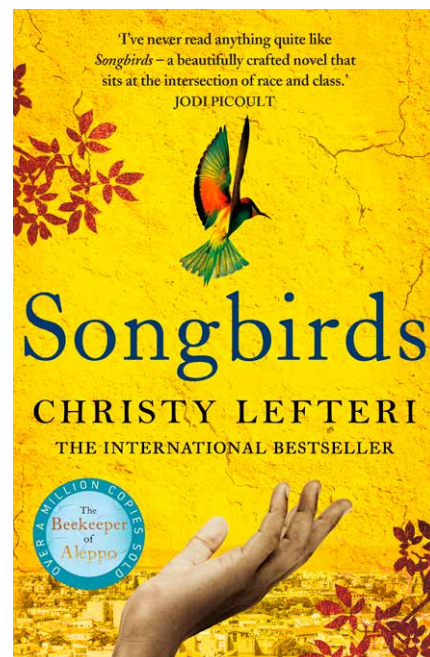
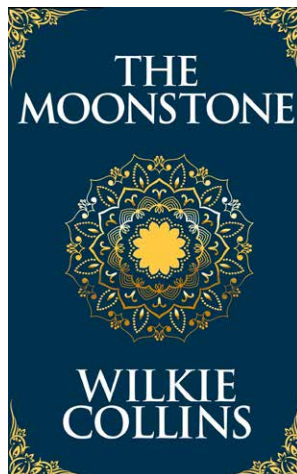
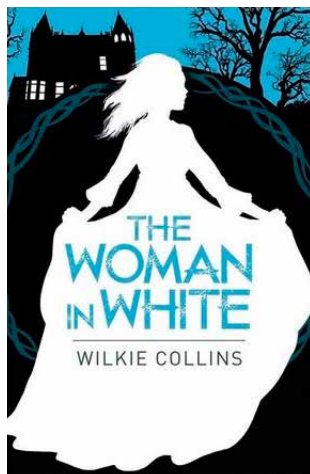
If you're thinking about downsizing to a more manageable lifestyle, ACH Group retirement living is the smart move.

- Select from a wide range of affordable homes located across Adelaide, and the Fleurieu Peninsula.
- Your small pet is welcome at most locations.
- Enjoy peace of mind with our maintenance and gardening service.
- Engage in social events to create new friendships.
- Access ACH Group services to optimise your health and wellbeing.

To see our range of available units,  
visit [achgroup.org.au/retirement-living/available-units](https://achgroup.org.au/retirement-living/available-units)

# tell us

## WHAT YOU THINK



### THE WOMAN IN WHITE and THE MOONSTONE

by Wilkie Collins

In the last edition's book review, reader Laurel mentions Liane Moriarty's signature style where each chapter is narrated by a different character. This technique was pioneered by Wilkie Collins (1824–89) in the 1860s in two of the earliest and finest mystery-thriller-detective novels ever written: *The Woman in White* and *The Moonstone*.

According to J.B. Priestley "Wilkie Collins brought the fiction of mystery and intrigue ... not only into public favour but to near perfection, both

in ingenuity of plot and its thick atmosphere of menace."

Collins pioneered many devices found in detective stories such as: setting crimes in remote, rambling country houses; archetypal villains such as the eccentric, obese, bullying Count Fosco; numerous suspects and red herrings – the most unlikely being the culprit, and bungling local police, amateur and professional detectives; using children to collect information.

– Peter

### SONGBIRDS

by Christy Lefteri

The story of the lives of migrant women who care and love for the children of families of another class is both heartbreaking and revealing. The sacrifice they make for their own children is only explained by what it means to be a mother.

There is racism in the form of these women being treated as commodities that can easily be replaced.

The characters are complex and the relationships that develop give hope in understanding that we are all equal as human beings.

It's a love story that is well worth reading.

– Darien

## SHARE YOUR REVIEW AND WIN!

If you have enjoyed a great book, podcast, TV show or movie, we'd love to hear about it. PLUS, submit your review and you will go into the draw to win a \$100 Dymocks voucher. Write a review of 150 words or less and email it to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or post to PO Box 646, Torrensville Plaza, Torrensville SA 5031 by 5pm 20 May 2022. Winner will be notified on 30 May 2022. Full terms and conditions at [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine)



# HALOUMI WITH POMEGRANATE, PUMPKIN AND PEARL BARLEY SALAD

(Serves 4)

RECIPE FROM  
CALLUM & THEMIS AT  
SPROUT

## INGREDIENTS

½ cup pearl barley  
1 tablespoon olive oil,  
plus 1 tablespoon extra  
¼ butternut pumpkin,  
cut into 1cm dice  
1 bunch broccolini,  
cut into 4cm lengths  
4 garlic cloves, thinly sliced  
2 rosemary sprigs,  
leaves picked  
200g haloumi,  
cut into four thick slices  
2 cups rocket  
½ red onion, thinly sliced  
Seeds of ½ pomegranate  
¼ cup roasted almonds,  
roughly chopped  
1 tablespoon honey  
1 tablespoon Dijon mustard  
2 tablespoons apple  
cider vinegar

## METHOD

1. Bring a large saucepan of water to the boil. Cook pearl barley for 18–20 minutes or until tender. Drain and set aside.
2. Heat one tablespoon of olive oil in a large frying pan over medium-high heat. Cook pumpkin for 2–3 minutes or until just tender. Add broccolini and cook for a further 2 minutes. Add the garlic and rosemary for the last 30 seconds of cooking. Transfer to a large bowl.
3. Return pan to medium heat. Add haloumi and cook for 2–3 minutes each side or until golden.
4. Meanwhile, combine pumpkin mixture with pearl barley, rocket, red onion, pomegranate seeds and almonds. In a separate small bowl, whisk together honey, mustard, vinegar and remaining one tablespoon of olive oil. Pour over salad and toss to coat.
5. Divide salad between serving bowls and top with haloumi.

## WIN \$100 Drakes Supermarket gift card

Tell us your favourite recipe to win a \$100 gift card to spend at Drakes Supermarket so you can cook Sprout's haloumi salad or your own go-to dishes!

Email your entry by 5pm 20 May 2022 to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or post to Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031. Winner will be notified on 30 May 2022. Full terms and conditions at [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine)



# Jobs that make a difference. Hiring now!



**'We support older people to live good lives and we love what we do.'**

**Do you or someone you know want to join ACH Group's growing and inclusive team and enjoy a rewarding career?**

**Opportunities include:**

- + Care Workers
- + Cleaners
- + Enrolled & Registered Nurses
- + Occupational Therapists
- + Physiotherapists
- + Personal Trainers
- + Podiatrists
- + Support Workers
- + many more!



**How to apply**

To apply online and access further information about all current opportunities scan QR code or visit [achgroup.org.au/good-careers](http://achgroup.org.au/good-careers)

